

Health and Wellness Programs



Sponsored by the DiSepio Institute
for Rural Health and Wellness
at Saint Francis University



Eat Well for Life I and II

Discover easy meal planning tools, smart shopping strategies, healthy ways to cook great-tasting foods and the connection between mood and food. Acquire a new taste for better eating and wellness to last a lifetime.

Session I

Dates: Oct. 7, 14, 21, 28

Time: 5 to 6:30 p.m.

Location: DiSepio Institute

Session II

Dates: Nov. 4, 11, 18, 25

Time: 5 to 6:30 p.m.

Location: DiSepio Institute



Discover Relaxation Within I and II

Learn to manage everyday stress through practical relaxation techniques and innovative stress management strategies. From coping skills, to visualization, to progressive muscle relaxation and humor therapy, you'll acquire effective tools to deal with stress.

Session I

Dates: Oct. 5, 12, 19, 26

Time: 5:30 to 7:00 p.m.

Location: DiSepio Institute

Session II

Dates: Nov. 2, 9, 16, 23

Time: 5:30 to 7:00 p.m.

Location: DiSepio Institute



Clear the Air

Clear the Air is the step you take BEFORE deciding to quit tobacco. It empowers you to identify your reasons for quitting and gives you the tools you need to quit for good. Call for a personalized appointment or register for one of the group classes.



HOPE (Highmark Osteoporosis Prevention and Education Program)

Develop stronger bones for a lifetime! This take-action lifestyle improvement program focuses on making healthy choices to improve bone health and prevent or manage osteoporosis.

Dates: Oct. 1, 8, 15, 22, Nov. 5, 12

Location: DiSepio Institute

Time: 5 to 7 p.m.



Personal Nutrition Coaching

A one-on-one counseling service with a registered dietician helps you to make healthy lifestyle and nutrition choices to address weight management, heart health, or diabetes. Call our office for a personalized appointment at 814-472-2783.

No charge for SFU students and Highmark members.

(Non-Highmark SFU students will be charged a nominal fee for PNC)

CES Credits available

A nominal fee for non-Highmark members.

(Open to the general public.)

Call today to register. (814) 472-2783

www.francis.edu/DiSepioInstitute.htm